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Training & Activity Report

Summary of Activities

- **200 Airsquat**
- **Triathlon**
- **Peripheral Heart-Action / Pugilism**
- **Shoulders:** 7 sets of 7 reps @ 95+ pounds
- **Lunges:** 7 sets of 7 reps @ 175 lb
- **Dumbbell Flight:** 7 sets of 7 reps @ 97 lb
- **Leg Extensions:** 7 sets of 7 reps @ 229 or 225 pounds
- **Barbell Curls:** 7 sets of 7 reps @ 78 or 87 lb
- **Seated Alternate Leg Kick:** 2 sets of 15 reps @ 89.9 lb
- **Charles Atlas Bodybuilding**
- **Hercules II Bodybuilding**
- **Doorway Pull:** Up to 100 pounds, 2 sets of 6
- **Wrestling**
- **Jufu Nokata**
- **Gracie Jiu-Jitsu Pink Belt Wrestling**
- **Ninja-Do**

Detailed Breakdown

Strength & Conditioning

Exercise	Sets x Reps	Weight
Shoulders	7 x 7	95+ lb
Lunges	7 x 7	175 lb
Dumbbell Flight	7 x 7	97 lb

Leg Extensions	7 x 7	229/225 lb
Barbell Curls	7 x 7	78/87 lb
Seated Alternate Leg Kick	2 x 15	89.9 lb
Doorway Pull	2 x 6	Up to 100 lb

Bodyweight & Endurance

- 200 Airsquats
- Triathlon

Martial Arts & Combat Sports

- Peripheral Heart-Action / Pugilism
- Wrestling
- Jufu Nokata
- Gracie Jiu-Jitsu (Pink Belt Wrestling)
- Ninja-Do

Classic Bodybuilding Systems

- Charles Atlas Bodybuilding
- Hercules II Bodybuilding

Notable Achievements

- Completed high-volume strength sets across major muscle groups.
- Included advanced bodybuilding systems and martial arts disciplines.
- Maintained a diverse regimen, combining endurance, strength, and combat training.

Recommendations

- Continue to track progress, especially on weights and reps for each exercise.
- Balance high-intensity strength work with adequate recovery.
- Consider periodic skill assessments in martial arts to monitor technical progression.

- Maintain variety to support overall athletic development and prevent plateaus.

Great work maintaining a comprehensive and challenging training routine!

Bodybuilding vs. Strength Training Analysis

Your training log incorporates elements from both bodybuilding and strength training, but the emphasis and structure reveal a distinctive blend. Here's a breakdown of how your routine aligns with each approach:

Bodybuilding Characteristics

- **High Volume**: Multiple sets (7x7) and higher rep counts are classic bodybuilding strategies aimed at muscle hypertrophy.
- **Variety of Movements**: Inclusion of isolation exercises (e.g., leg extensions, barbell curls, dumbbell flight) targets specific muscle groups for balanced development.
- **Classic Systems**: References to Charles Atlas and Hercules II bodybuilding methods highlight a focus on physique and muscular symmetry.

Strength Training Features

- **Heavy Loads**: Exercises like lunges at 175 lb and leg extensions at 229/225 lb indicate a focus on increasing maximal strength.
- **Compound Movements**: Incorporation of multi-joint lifts (lunges, shoulder presses, doorway pull) is a hallmark of strength-oriented routines.
- **Low-to-Moderate Reps with High Weight**: Sets of 7 reps at challenging weights blend hypertrophy and strength adaptations.

Unique Aspects

- **Martial Arts & Endurance**: Activities such as wrestling, jiu-jitsu, triathlon, and Ninja-Do add athletic versatility and conditioning, which is less common in pure bodybuilding or strength programs.
- **Peripheral Heart-Action & Pugilism**: These suggest circuit-style training for cardiovascular health and functional strength.

Summary Table

Category	Key Indicators in Your Routine
Bodybuilding	High volume, isolation work, classic physique systems
Strength Training	Heavy weights, compound lifts, functional movements
Hybrid/Other	Martial arts, endurance, circuit training

Conclusion

Your regimen is **hybrid**, but it leans more toward **bodybuilding** due to the high volume, focus on muscle isolation, and inclusion of classic bodybuilding systems. However, the substantial weights and compound lifts also reflect significant strength training principles. The integration of martial arts and endurance work makes your approach notably well-rounded and athletic.

If you want to emphasize one over the other, consider adjusting volume (for bodybuilding) or intensity and exercise selection (for strength). As it stands, your routine is a robust fusion of both disciplines, with a slight tilt toward bodybuilding.